

# Helps and Hints

## Family Child Care Newsletter

### Childhood Services

Arkansas State  
University

March 2011

Helps and Hints Family Child Care Newsletter is funded by the Department of Health & Human Services, Division of Child Care and Early Childhood Education, Little Rock, Arkansas

#### Inside this issue:

Parent Involvement

About our Governor

Arkansas Points of Interest

Famous Arkansas

Math and Manipulatives

Memory Game

Arkansas Symbols

Arkansas State Map

Music

The Arkansas Traveler

Dramatic Play

And much more!

### ARKANSAS

The Natural State  
Pre-K thru 3rd Grade

Children should know the name of the state where they live and know basic information about their great state that is rich in many natural resources and has a diverse geographic region.

The name Arkansas came from the Algonquin name of the Quapaw Indians. This state shares a border with six other states (Mississippi, Tennessee, Missouri, Louisiana, Texas, and Oklahoma.)

The capital of Arkansas is Little Rock located in the central part of the state and is the largest city in the state.

Throughout this newsletter children and teachers will become familiar with the Governor of Arkansas, the states natural resources, the flag, Arkansas seal, and the diamond. All of these things are symbolic to Arkansas.

**Arkansas children will be proud of their state.**



*Start planning now!*

11th Annual  
Family Child Care Conference

April 15-16  
Holiday Inn  
Jonesboro, Arkansas

Registration Information Coming Soon!  
Call 1-888-429-1585 for more information.



## Parent Involvement

Feeling good about our state should make us feel good about ourselves. Have your mental health coordinator, or someone in the community tell us about ways to improve our own self-concept. When parents feel good about themselves, it helps the children have a positive self-concept.

Ask the parents to bring something they have made to share with others. It could be sewing, handicrafts, woodworking, cooking, etc. if they have nothing to share, they can tell something about their children, "the best things they have made."

Include grandparents in activities. Listening to stories about things from the past (how people made a living, machines that were used, old cars, schools,) is interesting and educational. Share old photos of life and landmarks in Arkansas.



## Extra Helpers

Important: adapt information in this newsletter for preschoolers, for example, all preschoolers need to know that the Governor of Arkansas is Mike Beebe and he was born in Amagon, Arkansas. Add more information for 2nd and 3rd graders.

<http://en.wikipedia.org/wiki/Arkansas>

<http://www.arkansas.com>

This is a great resource for teachers  
<http://www.arkansasstateparks.com>

An additional resource that you might find helpful for this and any other units:

[Www.arkansaskids.com](http://www.arkansaskids.com)



# About our Governor

## Governor Mike Beebe

Since taking office in 2007, Governor Mike Beebe has made improving education, expanding Arkansas's economy and cutting taxes top priorities. He has guided the state through the worst economic downturn in two generations, resulting in Arkansas being one of only four states to enter the current fiscal year without a projected budget shortfall. Arkansas has avoided the massive cuts in services and tax increases suffered by other states while achieving more than a half-billion dollars in tax relief during Governor Beebe's first term.

A champion of education and economic development, Governor Beebe has overseen Arkansas's rise in national education rankings and the announcement of more than 26,000 new jobs. He has helped conclude the lengthy court dispute over Arkansas's public-school system, secured the largest single capital investment in Arkansas public schools, and made record investments in higher education. He has expanded adult education programs, and worked to match colleges and universities with local businesses to produce a better-trained workforce.

Born in Amagon, Arkansas (Jackson County), in 1946, the Governor earned a bachelor's degree in political science from Arkansas State University in 1968, and completed law school at the University of Arkansas in 1972, while serving his country in the U.S. Army Reserve.

The Governor and his wife, Ginger, have three adult children. They have worked together to improve children's health and literacy throughout the State.



# **Arkansas Memory Game**

## **Objective:**

The child will be able to do Arkansas Symbol association.

## **Skills:**

Fine motor skills, hand-eye coordination, memory skills.

## **Materials:**

White poster board, black marker, colored pencils, scissors, clear contact paper.

## **Construction:**

- 1) Trace the outline of cards (3 1/2x4 1/4) and the symbols on poster board with a black marker. If desired, the symbols may be colored.
- 2) Cut out cards.
- 3) Cover cards with clear contact paper and trim edges.

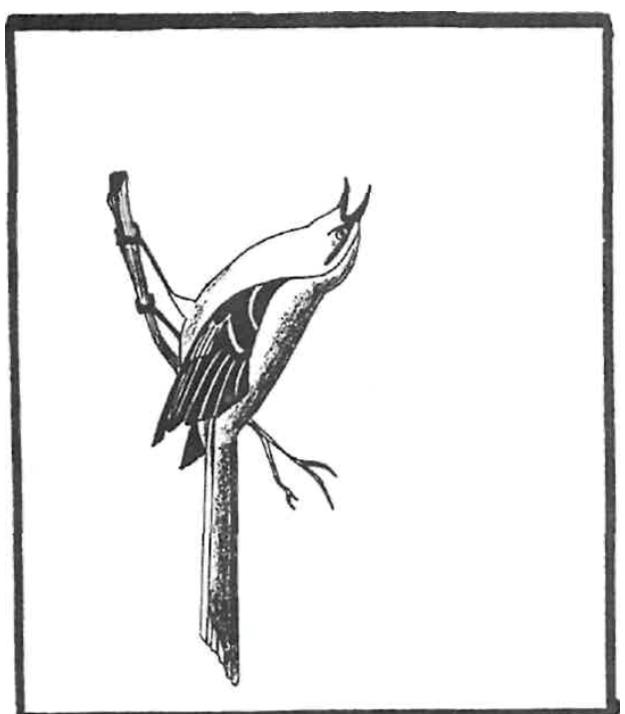
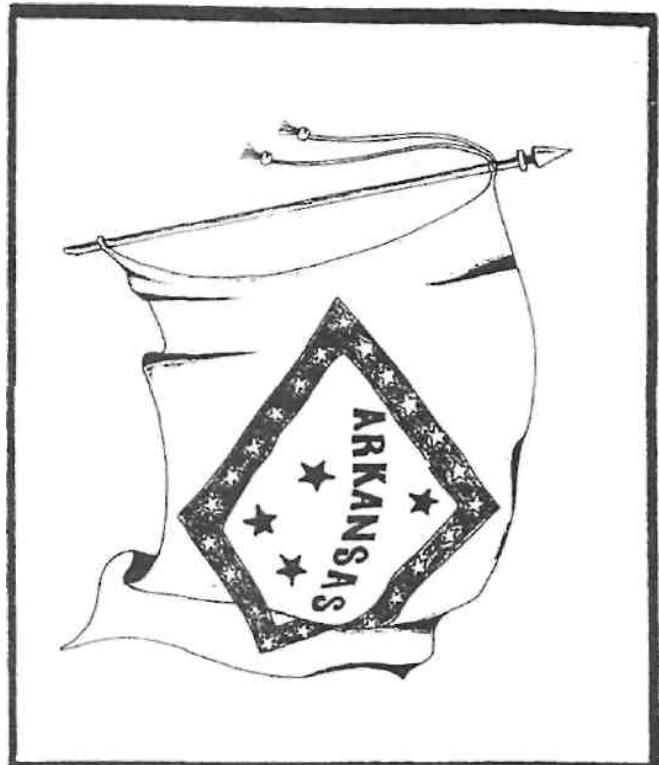
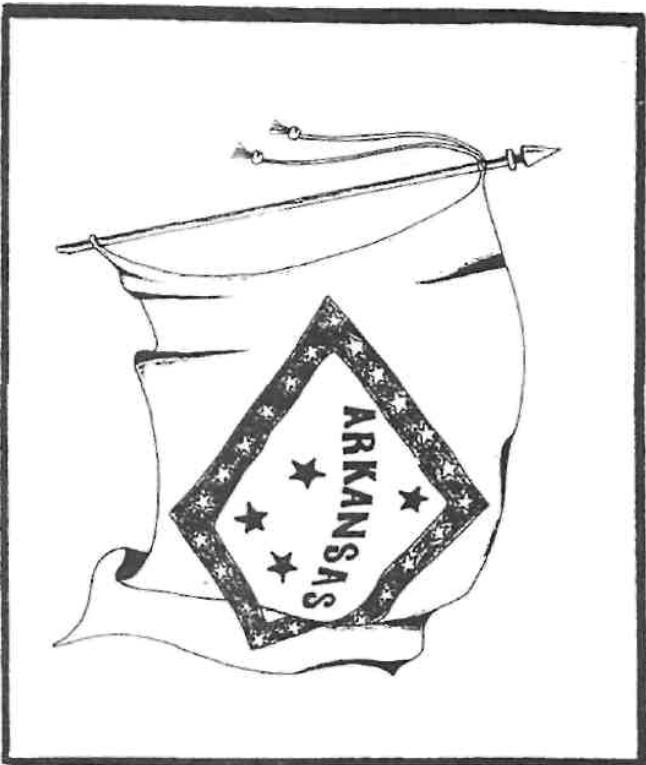
## **How to Play:**

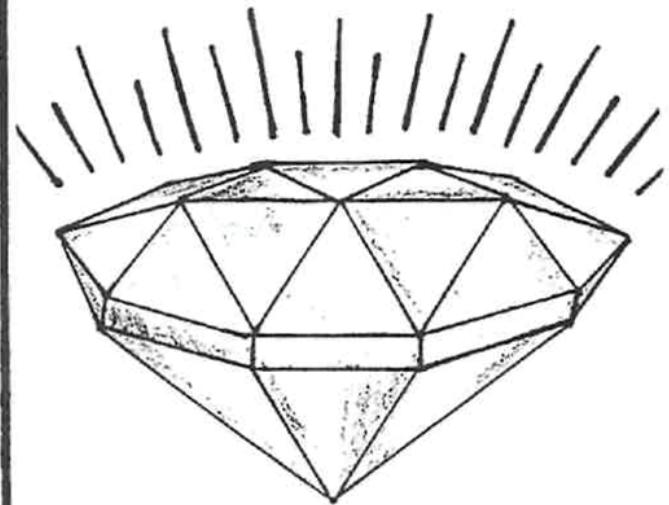
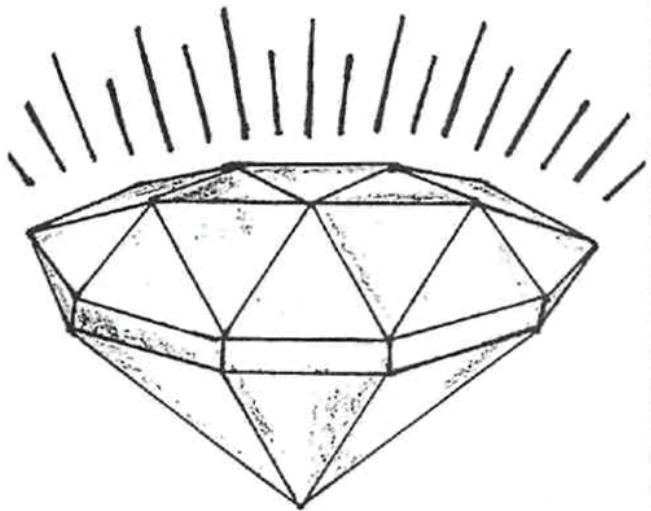
Place the cards face down on the table. Have the children take turns turning over two cards each to find the matching pairs of Arkansas symbols.

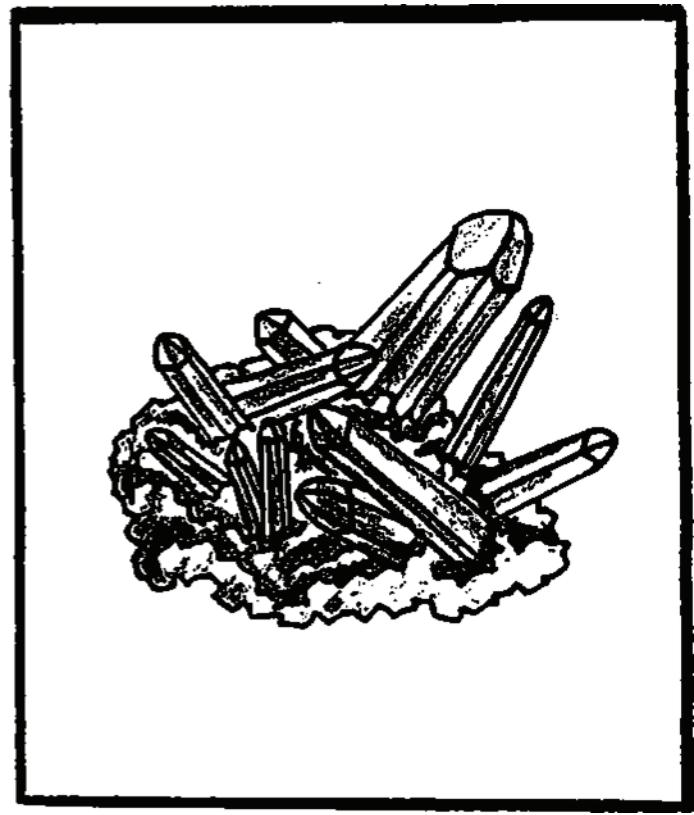
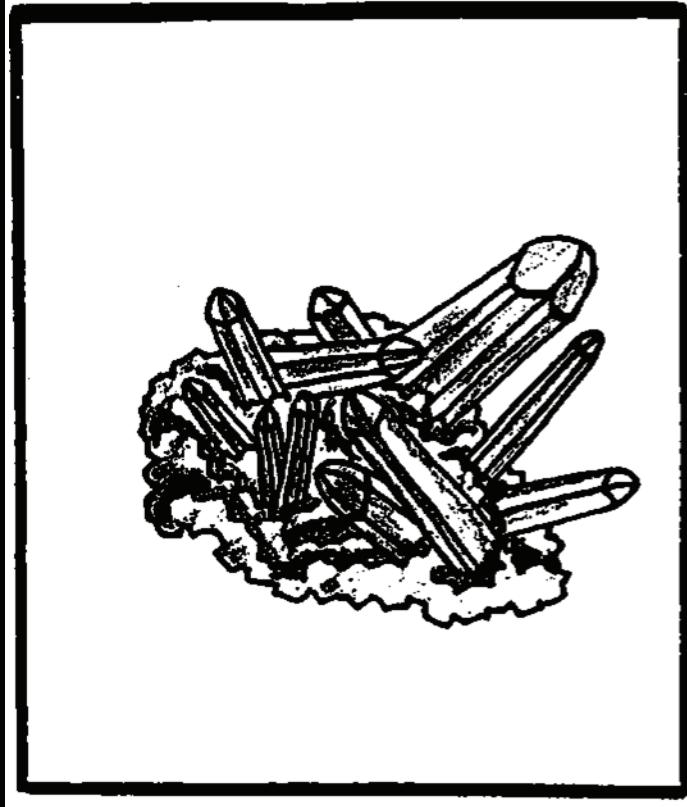
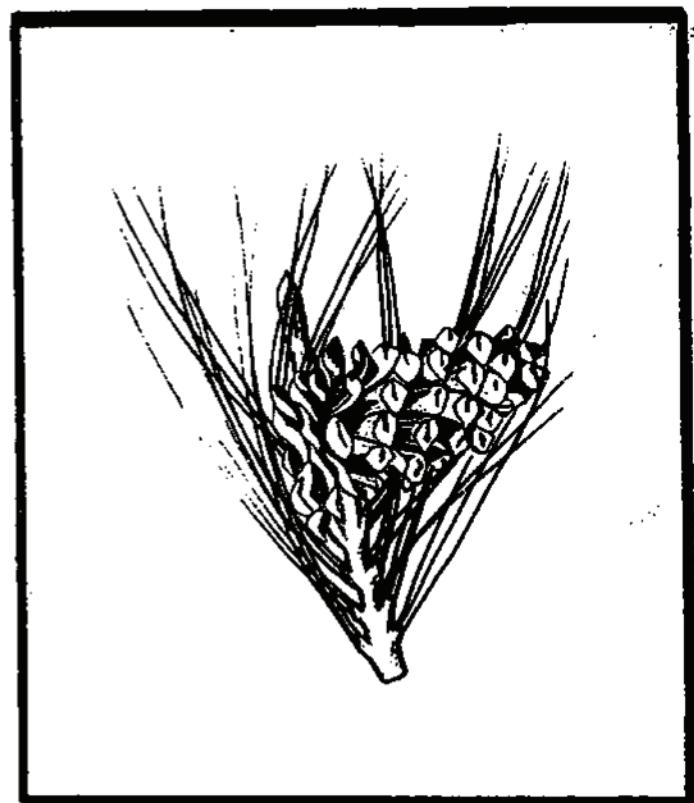
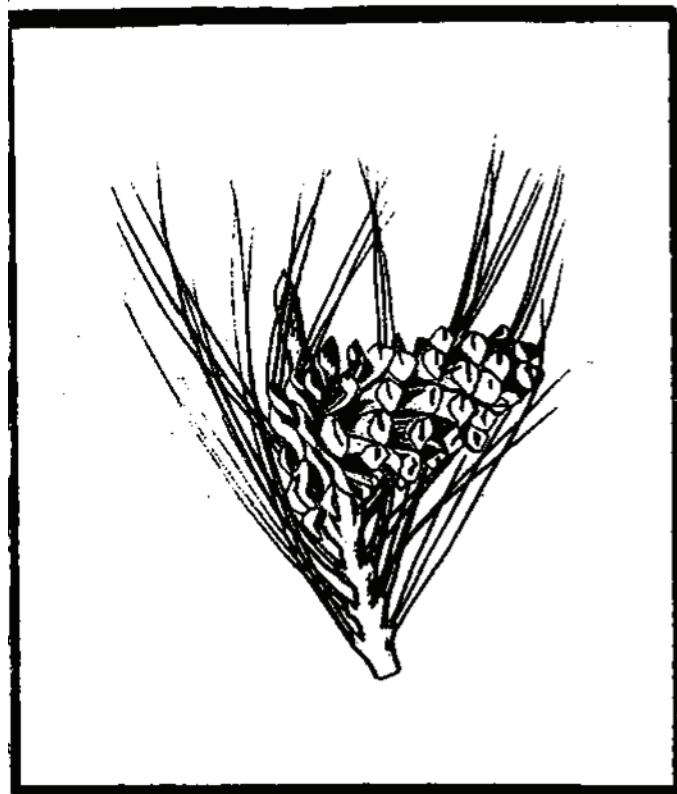
After children are familiar with all Arkansas state symbols. Play this game:

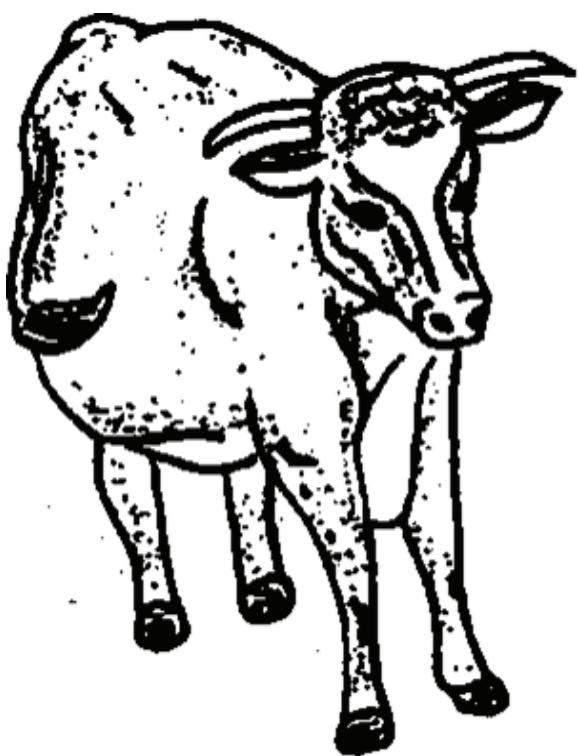
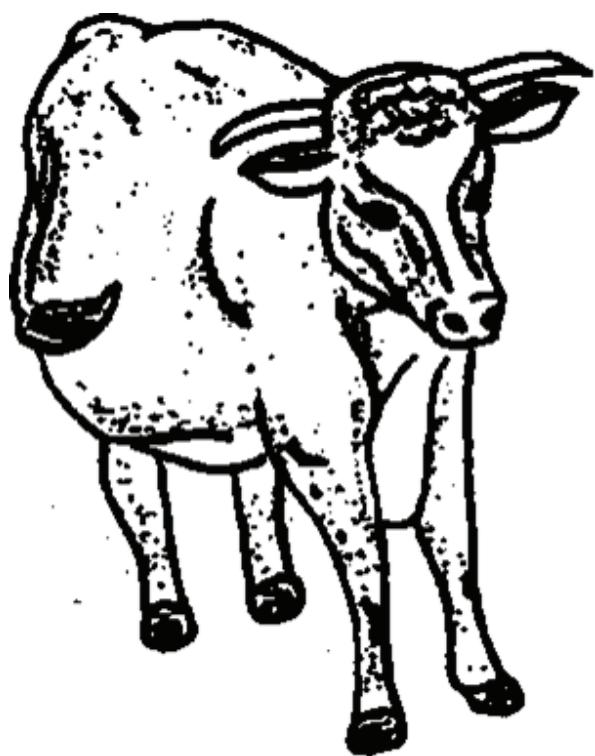
## **Guess What Game**

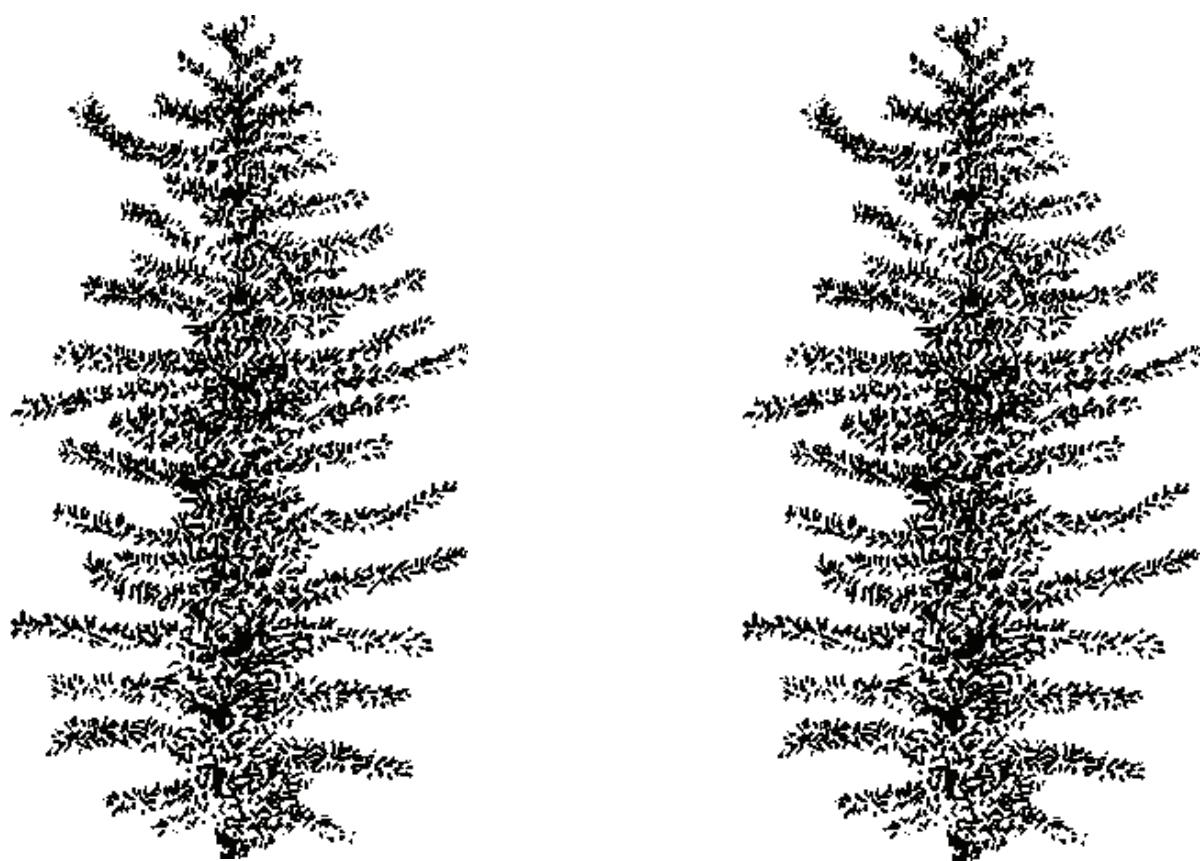
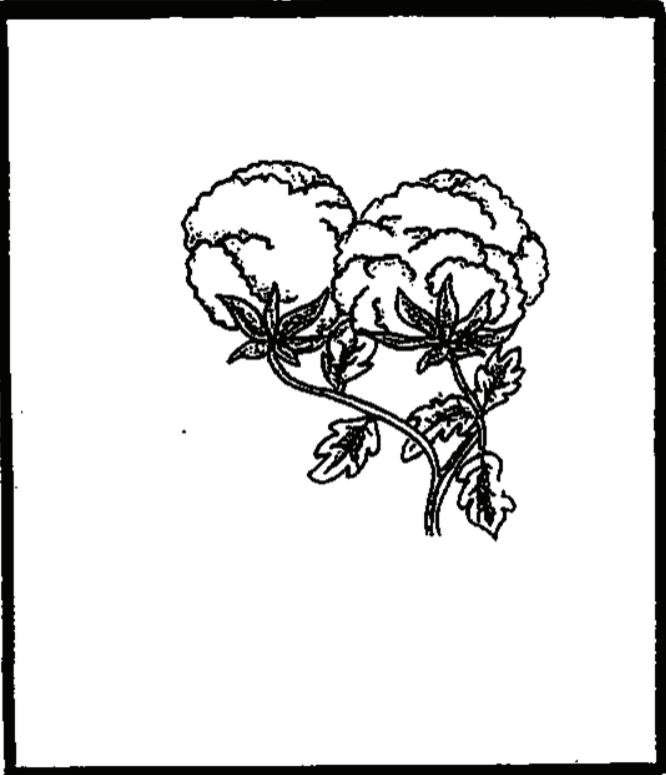
Have children sit in a circle. Show them pictures pertaining to the history of Arkansas, the state flag, flower, bird, etc. allow children to guess or name the picture.

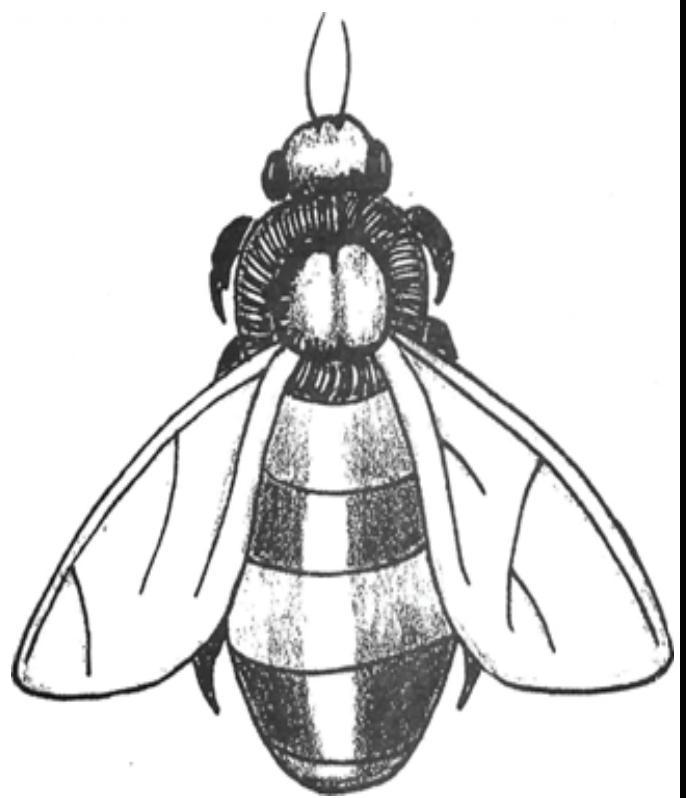
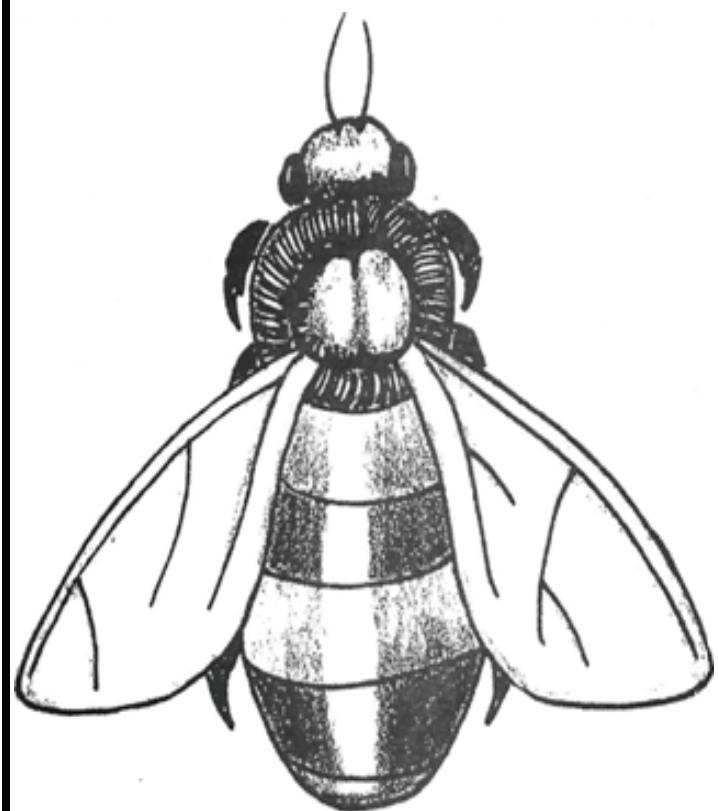
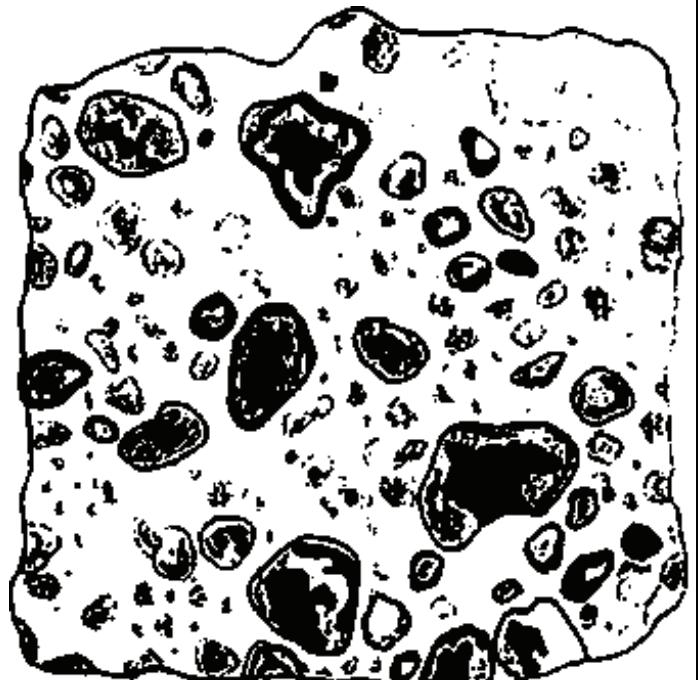
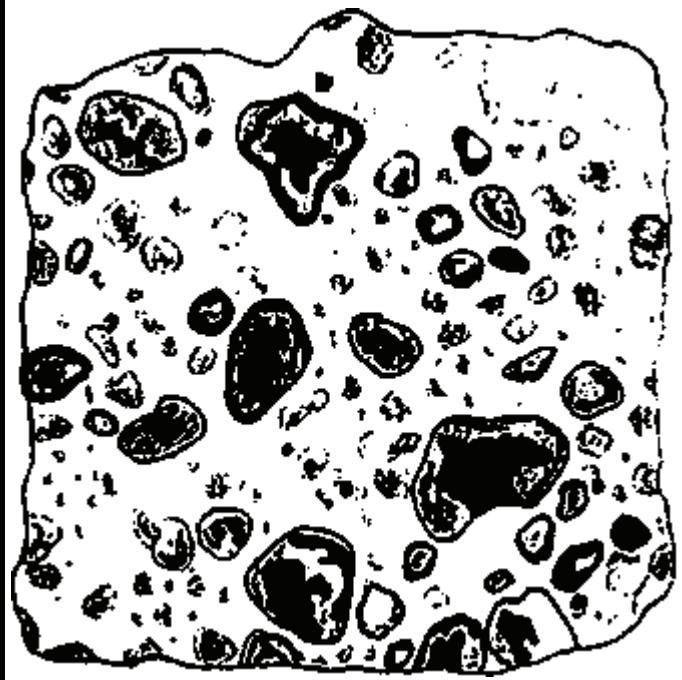


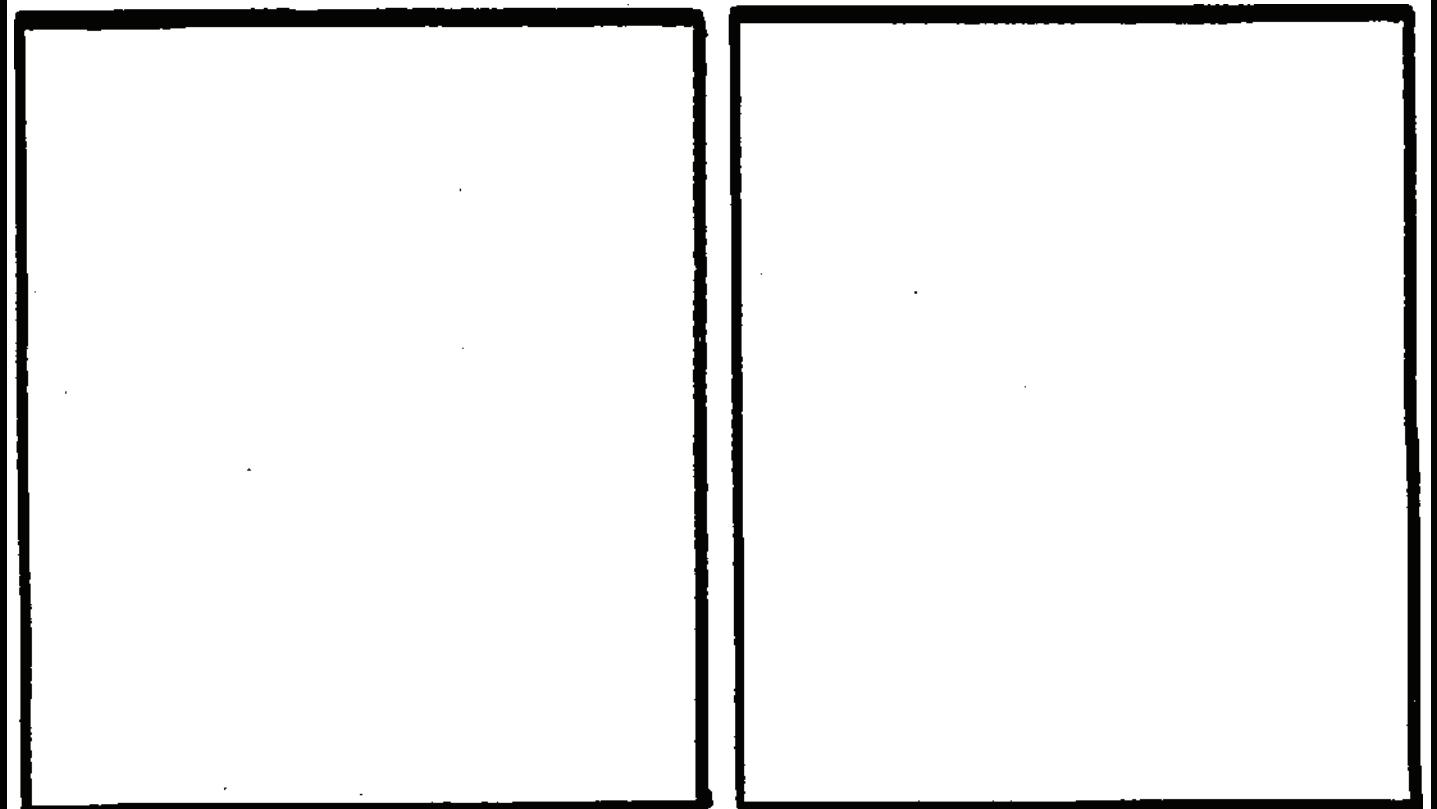
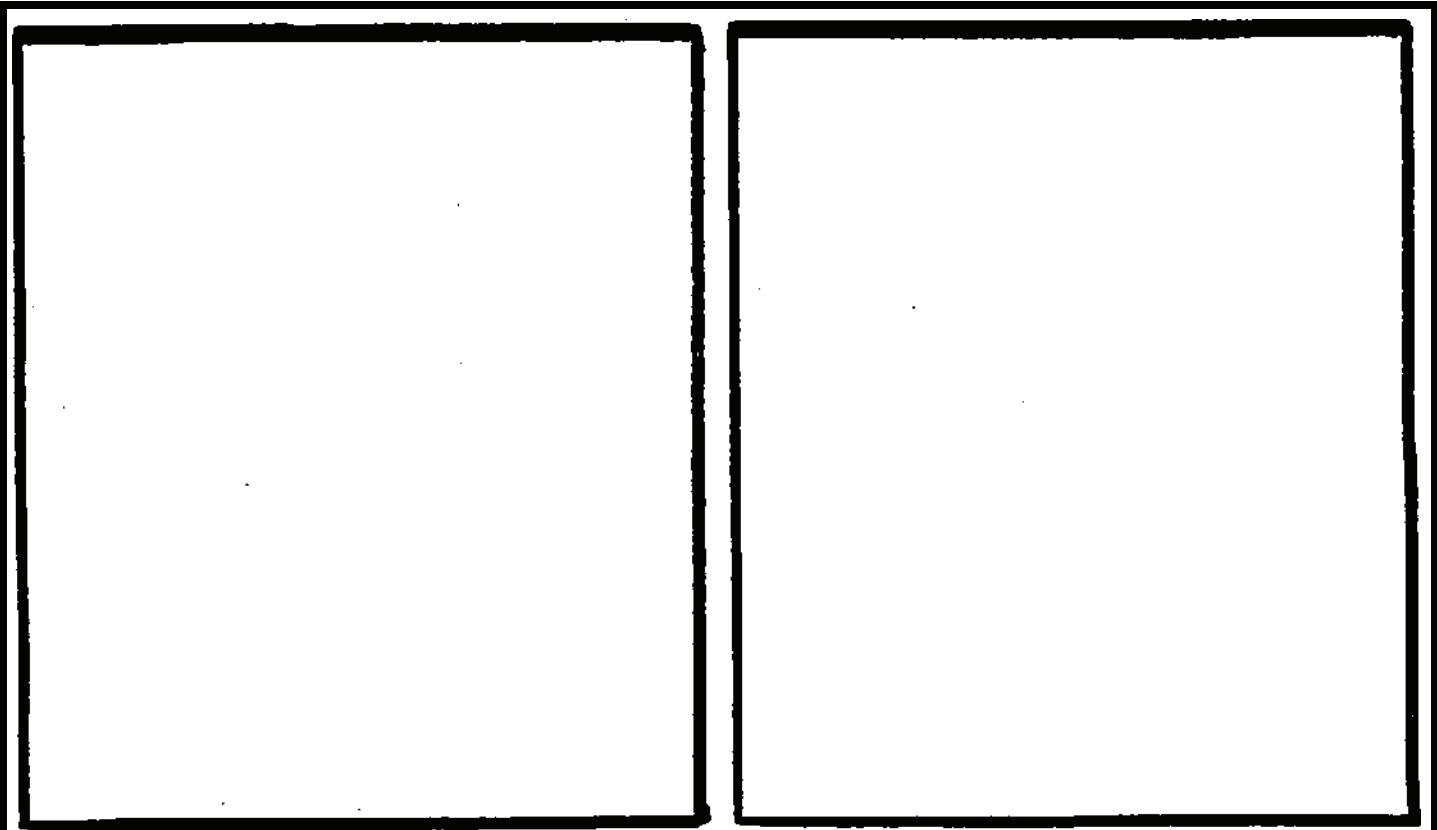












# Arkansas Symbols



## State Flag

The official state flag of Arkansas was chosen in a design contest in 1913; the winner was Miss Willie Kavanaugh Hocker of Wabbaseka. The flag's design was finalized in 1926.

The diamond shapes in the center represent the diamond gemstone, because Arkansas is the only state in the USA where diamonds have been found. Since Arkansas was the twenty-fifth state to join the Union, there are 25 white stars around the diamond. The three blue stars in the lower part of the center represent Spain, France and the United States, the countries that have ruled Arkansas. The blue star in the upper center represents the Confederacy, of which Arkansas was a member.

## Animal Symbols



The state bird is the Mockingbird



The state mammal is the White Tailed Deer



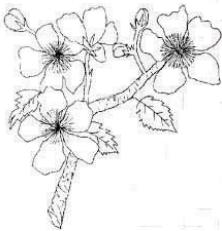
The state fish is the Largemouth Bass



The state insect is the Honeybee

# Arkansas Symbols Continued

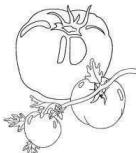
## Plant Symbols



The state flower is the Apple Blossom

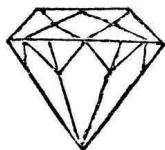


The state tree is the Pine Tree



The state fruit and blossom is the South Arkansas Vine Ripe Pink Tomato

## Earth Symbols



The state gem is the Diamond



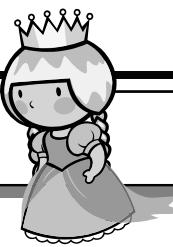
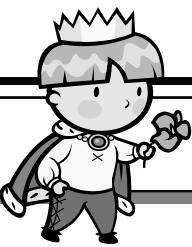
The state rock is the Quartz Crystal



The state mineral is the Bauxite

# Arkansas State Map





## Dramatic Play

### Cooking Eggs

Use plastic Easter eggs to make egg cooking for the children in Dramatic Play. Cut out the white and glue the yoke on the egg. Put it inside the eggs. When the children open the egg to cook it, it will look like fried eggs. Arkansas has several poultry processing companies.

### T.V. Dinners

T.V. dinners are made in Arkansas. Cut out magazine pictures and put in the Dramatic Play area, or use dried rice, soy beans, peas and other things for the children to use to assemble T.V. dinners. If you have aluminum foil (another Arkansas product) have the children cover the T.V. dinner.

### Arkansas Gazette

The Arkansas Gazette is the oldest newspaper west of the Mississippi River. Give the children the funny section of the Gazette for them to read over their "morning coffee". You can take several pages or sections apart and let the children pretend they are putting the paper together.

### Arkansas Railroads

The railroad has been important in certain parts of Arkansas. Fix a large box to look like a train. Put an engineer's hat in the Area and let the children engineer and ride the train.

### Arkansas Map Activity

Pin an Arkansas map on a wall and point where children live, towns where grandparents may live, state capitol, and places children have visited.

Arkansas Democrat  
Established 1878

Arkansas Gazette  
Established 1819

Arkansas Democrat  Gazette  
Arkansas' Newspaper

# The Arkansas Traveler

"The Arkansas Traveler" was the state song of Arkansas from 1949 to 1963, and has been the state historical song since 1987. The music was composed in the 1800s by Colonel Sanford C. 'Sandy' Faulkner (1806-1874); the current official lyrics were written by a committee in 1947 in preparation for its naming as state song.

Arkansas' other official state songs are "Arkansas" (state anthem) as well as "Arkansas (You Run Deep In Me)" & "Oh, Arkansas" (both state songs).

Oh, once upon a time in Arkansas,  
An old man sat in his little cabin door  
And fiddled at a tune that he liked to hear,  
A jolly old tune that he played by ear.  
It was raining hard, but the fiddler didn't care,  
He sawed away at the popular air,  
Tho' his rooftree leaked like a waterfall,  
That didn't seem to bother the man at all.

A traveler was riding by that day,  
And stopped to hear him a-practicing away;  
The cabin was a-float and his feet were wet,  
But still the old man didn't seem to fret.  
So the stranger said "Now the way it seems to me,  
You'd better mend your roof," said he.  
But the old man said as he played away,  
"I couldn't mend it now, it's a rainy day."

The traveler replied, "That's all quite true,  
But this, I think, is the thing to do;  
Get busy on a day that is fair and bright,  
Then patch the old roof till it's good and tight."  
But the old man kept on a-playing at his reel,  
And tapped the ground with his leathery heel.  
"Get along," said he, "for you give me a pain;  
My cabin never leaks when it doesn't rain."

# Arkansas State Song

## State Song

You might want to teach the children the chorus of the state song "Arkansas". Write the words and add a picture to a song chart for this chorus and put it in the music area.

### Arkansas

(You Run Deep in Me)

Written by Wayland Holyfield

October morning in the Ozark Mountains,  
Hills ablazing like that sun in the sky.  
I fell in love there and the fire's still burning  
A flame that never will die.

#### Chorus

Oh, I may wander, but when I do  
I will never be far from you.  
You're in my blood and I know you'll always be.

Arkansas, you run deep in me.  
Moonlight dancing on a delta levee,  
To a band of frogs and whippoorwill  
I lost my heart there one July evening  
And it's still there, I can tell.

#### Repeat Chorus

Magnolia blooming, Mama smiling,  
Mallards sailing on a December wind.  
God bless the memories I keep recalling  
Like an old familiar friend.

#### Repeat Chorus

And there's a river rambling through the fields and valleys,  
Smooth and steady as she makes her way south,  
A lot like the people whose name she carries.  
She goes strong and she goes proud.

#### Repeat Chorus

# Arkansas Fingerplays

Here are some fingerplays you can use with the children. Copy them on charts and draw pictures for them. Put them in the Book Nook for the children to "read". Make up hand motions to go with them.

## Diamond

Dig, dig, down in the ground  
Here's a diamond stone I've found.  
The jeweler will cut it  
Then polish it right.  
And I'll have a diamond ring  
That shines so bright.

## Play the Fiddle

Fiddle-dee-dee, fiddle-dee-dee  
Come play the fiddle and dance with me.  
Around and around and around we'll go.  
As across the fiddle goes the bow  
Fiddle-dee-dee, fiddle-dee-dee.  
Come play the fiddle and dance with me.

## Mockingbird

The mockingbird likes to fly  
High in the sky.  
The mockingbird come down and  
Hops on the ground.  
The mockingbird sings his song  
Listen, and I'll sing along.  
Tweet, tweet, tweet, tweet.

## Apple Blossoms

All over my apple trees  
The apples blossoms as pretty as can be.  
The pink and white blossoms smell so sweet.  
Later there will be lots of apples to eat.



# Cooking and Children Mix Well

## CATERPILLARS

If your children are older, let them cut their own carrot sticks into part. For the younger children, cut the carrots in small chunks.

### Caterpillars (Older Children)

Wash your hands.  
Find your plate.  
Take 2 carrot sticks.  
Cut stick into chunks.  
Put cream cheese on ends.  
Put together like caterpillar.  
Add raisin eyes.  
Save for snack,

### Caterpillars (Younger Children)

Wash your hands.  
Find your plate.  
Take 6 carrot sticks.  
Put cream cheese on ends.  
Put together like a caterpillar.  
Add 2 raisin eyes.  
Save for snack,

## CHERRY PIE

This is a non-baked cherry pie the children can make. Be sure to make your recipe charts with words and pictures so the children can read them,

Wash your hands.  
Put 2 graham crackers in a zip lock bag.  
Crush the crackers. (Use a rolling pin)  
Put 1 Tablespoon of soft butter in the bag.  
Mix the crackers and butter.  
Find your cup.  
Press the mixture in your cup.  
Add 1 tablespoon cherry pie filling.  
Save for a snack.

## Pumpkin Bread

3 1/3 c. flour	2 c. pumpkin
3 c. sugar	1 c. Wesson oil
1tsp. Salt	4 eggs
2 tsp. soda	2/3 c. water
1 1/2 tsp. nutmeg	1 c. nuts
1 tsp. cinnamon	1/4 tsp. ginger

Sift dry ingredients in large bowl, make a well and add rest of ingredients. Mix well. Grease pans and fill half full of mixture. Bake for 1 hour at 350°. Makes 3 loaves.

Note: This bread freezes well if wrapped in foil.

## Arkansas Points of Interest

Little Rock—Capitol of Arkansas. Only capitol with all three capitol buildings still standing.

Pine Bluff—Has Pine Bluff Arsenal and Ben Pearson factory where bows and arrows for archery are made.

El Dorado—Where Oil Belt Golf Tournament is held each September.

Texarkana—City divided down the middle by the boundary line that separates Texas and Arkansas.

Murfreesboro—Has only diamond mine in North America.

Bauxite—Named after the mineral bauxite discovered there.

Blytheville—The National Cotton Picking Contest is held there.

Fort Smith—Where famous "hanging Judge" Isaac C. Parker served justice from 1875 to 1896. The second largest city in Arkansas.

Fayetteville—Home of the University of Arkansas and their famous "Razorback" football team.

Jonesboro—Home of Hattie W. Caraway/ first woman in the U.S. history to serve on the National Senate.

West Memphis—Eastern gateway to Arkansas.

Helena—Historic old river port.

Washington—Served as the state capital from 1863 to 1865.

Arkla Village—A re-created pioneer town.

Huntsville—Where the National Medieval Crossbow Pageant is held each year.

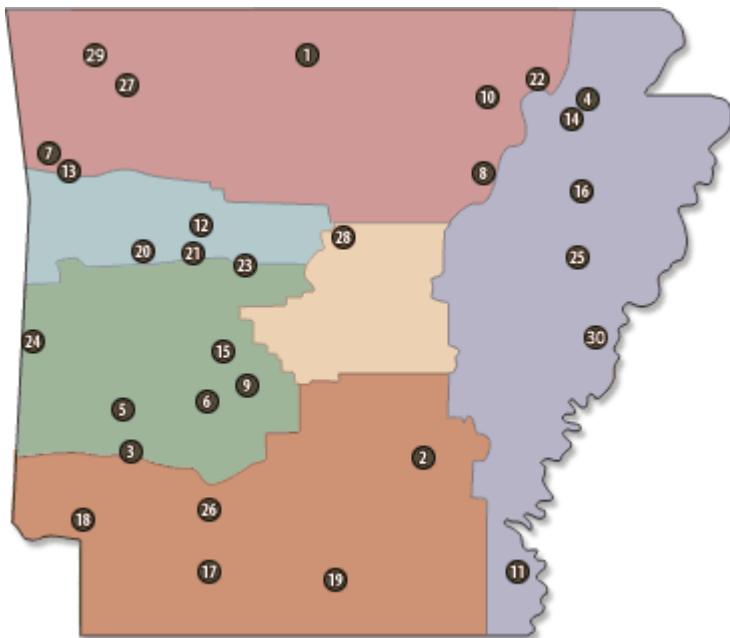
Springdale—Is in the center of the grape area. Tonitown Grape Festival NS Ozark Arts and Crafts Fair is an annual event.

Eureka Springs—Noted for its unusual street/many natural springs/ and caves that open into the streets. Tourist attractions include/ The Bracken Ridge Museum specializing in dolls and The Magnetic Mountain with its mammoth statue of Christ and Hatchet Hall where Carrie Nation had planned to start a school.

# Arkansas State Parks

Arkansas has 30 state parks where people come from all over to camp. Arkansas State Parks offer over 22,000 programs, tours, and events for park visitors. Here is a list of the 30 state parks that Arkansas has:

1. Bull Shoals-White River State Park
2. Cane Creek State Park
3. Crater of Diamonds State Park
4. Crowley's Ridge State Park
5. Daisy State Park
6. Davidsonville Historic State Park
7. DeGray Lake Resort State Park
8. Devil's Den State Park
9. Hobbs State Park-Conservation Area
10. Jacksonport State Park
11. Lake Catherine State Park
12. Lake Charles State Park
13. Lake Chicot State Park
14. Lake Dardanelle State Park
15. Lake Fort Smith State Park
16. Lake Frierson State Park
17. Lake Ouachita State Park
18. Lake Poinsett State Park
19. Logoly State Park
20. Millwood State Park
21. Mississippi River State Park
22. Moro Bay State Park
23. Mount Magazine State Park
24. Mount Nebo State Park
25. Petit Jean State Park
26. Queen Wilhelmina State Park
27. Village Creek State Park
28. White Oak Lake State Park
29. Withrow Springs State Park
30. Woolly Hollow State Park



Info from: <http://www.arkansas.com/outdoors/camping>

# Famous Arkansans

There are many famous people who have come from Arkansas. We need to remember them and let our children look up to them. We need hero's of real people for our children, if we are concerned about the cartoon hero's on Saturday morning television. Write and ask for pictures of your hero's, if they are available, or collect them from magazines and other sources. Children enjoy looking at pictures of people being discussed.

## Bill Clinton

William Jefferson "Bill" Clinton

Born in Hope, Arkansas

42nd President of the United States

40th and 42nd Governor of Arkansas

50th Arkansas Attorney General



## Joycelyn Elders

Surgeon General under former president Bill Clinton

From Schaal, Arkansas

She is a pediatrician

## Scottie Pippen

Professional basketball player

Played for Seattle and Chicago

Two-time Olympic gold medalist

Born in Hamburg, AR

## Sidney Moncrief

Professional Basketball Player

Played for the Milwaukee Bucks and Atlanta Hawks

Born in Little Rock, Arkansas

## Jimmy Driftwood

Was a United States folk songwriter and singer

Most famous songs "The Battle of New Orleans" and "Tennessee Stud"

Wrote more than 6,000 songs

Born in Timbo, Arkansas

## Glen Campbell

Singer, Songwriter, and Actor

Most famous songs "Gentle on my Mind" and "Rhinestone Cowboy"

Hosted the Glen Campbell Goodtime Hour

Campbell was hand-picked by actor John Wayne to play alongside him in the 1969 film True Grit.

Born in Pike County, Arkansas

Albert Pike- A famous writer from Arkansas

John Gould- A famous poet from Arkansas

Hattie W. Caraway- The first woman in US History to serve in National Senate. She was from Jonesboro.

Miss Willie K. Hicker- She designed Arkansas's state flag.

## **Language and Literacy**

Talk about and discuss these words. Use open ended questions to encourage participation. Use pictures when possible.

**Arkansas**

**Natural Resources**

**Quapaw Indians**

**Capital City**

**Governor**

**Bauxite**

**Mockingbird**

**Diamond**

**Symbol**

**Map**

**Park**



## Books Worth Reading

Books	Author
When I was Young in the Mountains	Cynthia Rylant
Cotton in my Sack	Lois Lenski
Green Grows the Prairie	Charles May Simons
Razorbacks are Really Hogs	Charles May Simons
Squash for the Fair	Grace Paul
Special Tree in Paw Paw's Patch	Clifford L. Evans
High Water in Arkansas	Charles J. Finger
Arkansas Facts and Symbols	Elaine A. Kule
N is for Natural State	Michael Shoulders
Arkansas History for Young People	T. Harri Baker
Yum, Yum! The Arkansas Kid's Cookbook	Carole Marsh
18 Wheels Rolling to Arkansas	Dasha Headley
Arkansas (Sea to Shining Sea)	Ellen Macaulay
Days of Courage: The Little Rock Story	Richard Kelso





## Special Section

### 41th Early Childhood Education Conference

August 8-10, 2011  
Jonesboro, AR

#### SPAECS

Spotting Autism in Early Childcare Settings  
ASU Childhood Services  
615 University Loop East  
April 9, 2011  
8:30 to 4:00



#### Family Child Care Orientation Trainings

For new family child care providers  
ASU Childhood Services  
615 University Loop E  
May 7, 2011 9:00 a.m. to 4:00 p.m.

#### The Arkansas Salute

I salute the Arkansas flag with its diamond and stars.  
We pledge our loyalty to thee.

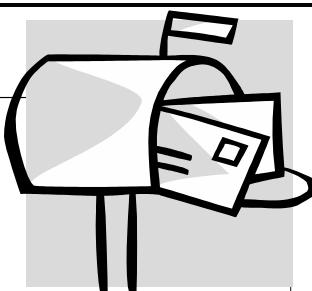


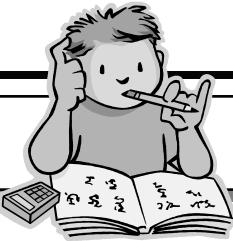
#### Suggestions? Ideas? Questions?

Feel free to send us your feedback!

Email: [jnwilson@astate.edu](mailto:jnwilson@astate.edu)

Mail: Childhood Services PO Box 808 State University, AR 72467





# Training Announcement

## Disaster Training

March 31, 2011/6:00 p.m. to 9:00 p.m.  
EACC Forrest City, AR

## AR Fit Kids

March 5, 2011/9:00 a.m. to 12 p.m.  
PCCC Stuttgart, AR

April 4, 2011/ 9:00 a.m. to 12 p.m.  
NEAE Co-Op Walnut Ridge, AR

## Making 1st Experiences Count

March 3, 2010/6:00 p.m. to 9:00 p.m.  
PCCC Stuttgart, AR

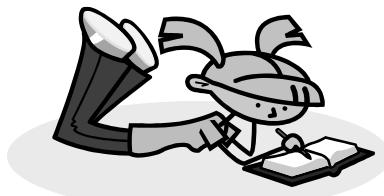
March 8, 2010/6:00 p.m. to 9:00 p.m.  
ASU Searcy AR

April 7, 2011/6:00 p.m. to 9:00 p.m.  
PCDC West Helena AR

April 14, 2011/5:00 p.m. to 8:00 p.m.  
NEAE Co-Op Walnut Ridge, AR

May 17, 2011/6:00 p.m. to 9:00 p.m.  
ASU CHS Jonesboro AR

For a list of other training opportunities you can go to:  
<http://professionalregistry.astate.edu>



# Arkansas Network of Child Care Resource and Referral Agencies

## **ASU Childhood Services Quality Institute for Resource and Referral**

Counties served Crittenden, Greene, Craighead, Lawrence, Lee, Mississippi, Cross, Clay, Monroe, Phillips, Poinsett, Randolph, St. Francis, Woodruff.  
(870) 972-3055 ex. 2365

## **Childcare Connections, Inc.**

Counties served Pulaski, Lonoke and Saline.  
(501) 374-0330

## **Children of North Central Arkansas**

Counties Served Cleburne, Fulton, Independence Izard, Jackson, Sharp, Stone,  
and Van Buren  
(870) 793-5233 Or 1-800-737-2237

## **Division of Child Care and Early Childhood Education**

Counties serve Statewide  
(501) 682-9699 Or 1-800-445-3316

## **Jefferson Comprehensive Care Systems, Inc Child Care Link**

Counties served Jefferson and Grant  
(870) 536-0520

## **Northwest Arkansas Child Care Resource and Referral Center**

Counties served Benton, Carroll, Crawford, Franklin, Johnson, Logan, Scott,  
Sebastian, Washington, and Yell  
(479) 751-3463 Or 1-800 KIDS-LOG (1-800-543-7564)